



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09020, Applesauce, canned, sweetened, without salt (includes USDA commodity)

Report Date: May 22, 2017 00:59 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Common Name: Includes USDA commodity code A350

Carbohydrate Factor: 3.75 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 246g
Proximates					
Water 1 2 4	g	81.98	47	1.052	201.67
Energy	kcal	68	--	--	167
Energy	kJ	283	--	--	696
Protein 1 2	g	0.16	8	0.038	0.39
Total lipid (fat) 1 2 3	g	0.17	9	0.019	0.42
Ash 1 2	g	0.21	8	0.009	0.52
Carbohydrate, by difference	g	17.49	--	--	43.03
Fiber, total dietary 1 5	g	1.2	4	0.065	3.0
Sugars, total 1	g	14.67	2	--	36.09
Sucrose 1	g	1.00	2	--	2.46
Glucose (dextrose) 1	g	5.50	2	--	13.53
Fructose 1	g	7.27	2	--	17.88
Lactose 1	g	0.00	2	--	0.00
Maltose 1	g	0.89	2	--	2.19
Galactose 1	g	0.00	2	--	0.00
Minerals					
Calcium, Ca 1 2 4 6 7 8 9 10 11 12 13 14 15 16 17 18	mg	3	54	0.057	7
Iron, Fe 1 2 4 6 7 8 9 10 11 12 13 14 15 16 17 18	mg	0.12	55	0.027	0.30
Magnesium, Mg 1 2 4 6 7 8 9 10 11 12 13 14 15 16 17 18	mg	3	55	0.067	7

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 246g
Phosphorus, P 1 2 4 6 7 8 9 10 11 12 13 14 15 . 16 17 18	mg	6	55	0.160	15
Potassium, K 1 2 4 6 7 8 9 10 11 12 13 14 15 16 . 17 18	mg	75	55	2.121	184
Sodium, Na 1 2 4 6 7 8 9 10 11 12 13 14 15 16 . 17 18	mg	2	55	0.436	5
Zinc, Zn 1 2 4 7 8 9 10 11 12 13 14 15 16 17 18	mg	0.03	30	0.004	0.07
Copper, Cu 1 2 4 6 7 8 9 10 11 12 13 14 16 17 . 18	mg	0.032	51	0.002	0.079
Manganese, Mn 1 2 4 7 8 9 10 11 12 13 14 16 . 17 18	mg	0.030	32	0.006	0.074
Selenium, Se 19 20	µg	0.3	2	--	0.7
Vitamins					
Vitamin C, total ascorbic acid	mg	1.7	30	0.149	4.2
Thiamin 1 2	mg	0.017	8	0.007	0.042
Riboflavin 1 2	mg	0.022	8	0.012	0.054
Niacin 1 2	mg	0.072	8	0.010	0.177
Pantothenic acid 1 2	mg	0.044	8	0.004	0.108
Vitamin B-6 1 2	mg	0.027	8	0.004	0.066
Folate, total 1 2	µg	1	8	0.463	2
Folic acid	µg	0	--	--	0
Folate, food	µg	1	8	0.463	2
Folate, DFE	µg	1	--	--	2
Choline, total	mg	3.3	--	--	8.1
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	6	--	0
Retinol	µg	0	--	--	0
Carotene, beta	µg	3	--	--	7
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	2	--	--	5
Vitamin A, IU 2	IU	6	6	--	15
Lycopene	µg	0	--	--	0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 246g
Lutein + zeaxanthin	µg	18	--	--	44
Vitamin E (alpha-tocopherol) ^{1 3}	mg	0.18	3	0.033	0.44
Vitamin E, added	mg	0.00	--	--	0.00
Tocopherol, beta ^{1 3}	mg	0.00	3	0.000	0.00
Tocopherol, gamma ^{1 3}	mg	0.00	3	0.000	0.00
Tocopherol, delta ^{1 3}	mg	0.00	3	0.000	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone) ^{1 21}	µg	0.6	2	--	1.5
Lipids					
Fatty acids, total saturated	g	0.030	--	--	0.074
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.001	--	--	0.002
14:0	g	0.001	--	--	0.002
16:0	g	0.025	--	--	0.062
18:0	g	0.004	--	--	0.010
Fatty acids, total monounsaturated	g	0.007	--	--	0.017
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.007	--	--	0.017
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.054	--	--	0.133
18:2 undifferentiated	g	0.045	--	--	0.111
18:3 undifferentiated	g	0.009	--	--	0.022
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per 100 g	Data points	Std. Error	1 cup 246g
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.002	--	--	0.005
Threonine	g	0.007	--	--	0.017
Isoleucine	g	0.007	--	--	0.017
Leucine	g	0.011	--	--	0.027
Lysine	g	0.011	--	--	0.027
Methionine	g	0.002	--	--	0.005
Cystine	g	0.002	--	--	0.005
Phenylalanine	g	0.005	--	--	0.012
Tyrosine	g	0.003	--	--	0.007
Valine	g	0.008	--	--	0.020
Arginine	g	0.006	--	--	0.015
Histidine	g	0.003	--	--	0.007
Alanine	g	0.007	--	--	0.017
Aspartic acid	g	0.032	--	--	0.079
Glutamic acid	g	0.019	--	--	0.047
Glycine	g	0.007	--	--	0.017
Proline	g	0.006	--	--	0.015
Serine	g	0.007	--	--	0.017
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program, Wave 8h, 2004 Beltsville MD

²National Food Processors Association Investigations to Determine Nutrient Content of Selected Fruits and Vegetables, 1980

³Nutrient Data Laboratory, ARS, USDA Determination of the Tocopherol Content of Selected Foods, 1992 Beltsville MD

⁴Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 2003

⁵J Marlett, N Vollendorf Dietary fiber content and composition of different forms of fruits, 1994 Food Chemistry 51 pp.39-44

⁶Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1995

⁷Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1996

⁸Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1997

⁹Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1998

¹⁰Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1999

¹¹Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 2000

¹²Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 2001

¹³Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 2002

¹⁴Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 2004

¹⁵Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1991

¹⁶Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1992

¹⁷Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1993

¹⁸Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1994

¹⁹S.N. Ganapathy, R Dhanda **Selenium content of omnivorous and vegetarian diets**, 1980 The Ind. J. Nutr. Dietet. 17 pp.53-59

²⁰V.C. Morris, O.A. Levander **Selenium content of food**, 1970 Journal of Nutrition 100 12 pp.1383-1388

²¹S.L. Booth, J.A. Sadowski, J.A. T. Pennington **Phylloquinone (Vitamin K) Content of Foods in the U.S. Food and Drug Administration's Total Diet Study**, 1995 Journal of Agricultural and Food Chemistry 43 6 pp.1574-1579